



January 5, 2012

Need to know

- **Updated stationery and templates available** – All stationery and templates have been updated to reflect our new tagline: A Different Today. A Better Tomorrow. You can find stationery, samples, ordering information, templates, logos and guidelines on the Intranet under [Stationery](#). If there are additional items that you regularly use or need that are not captured here, please contact [Margaret Angus](#) at 473-2726.

You may also wish to update your **email signature** to include the new Capital Health tagline. You can do that by going to Outlook and selecting: *Tools>Options>Mail Format* and clicking *Signatures*. Simply copy and paste the logo below into your signature.



Our Promise in action

- **Housekeeping component of bed management dashboard to be rolled out at VG this month** – Capital Health's online bed management dashboard gives a real-time system view of beds across the district for the sake of providing more timely patient care. The bed management dashboard includes the capacity to display when a bed is clean and ready for a new patient. The housekeeping portion of the dashboard was initially piloted on unit 9B VG and unit 4.1 Halifax Infirmary (HI), resulting in reliable tracking and time saving.

In the fall, the tool was successfully rolled out across the HI. In January, it will be introduced to all inpatient units at the VG site, including the Nova Scotia Rehabilitation Centre. In February, the tool will be launched at Dartmouth General Hospital and The Nova Scotia Hospital. Visit the [Intranet/Our News](#) to read more.

- **Healthy food only in vending machines:**
Your response – Before Christmas, we announced that snack vending machines at Capital Health would be replaced with healthy food-only vending machines. This change is in alignment with our move to healthy food within Capital Health. Several staff members responded to this announcement, some asking questions about the change. Visit the [Intranet/Our News](#) to read more.



- **Christmas spirit alive on units 7.4 and 8.3** – This Christmas, patients on units 7.4 and 8.3 Halifax Infirmary who were unable to go home for the holidays received a special surprise. The staff of Home Instead Senior Care delivered gifts for patients, which staff on the units wrapped and delivered. One patient awoke to find a gift on Christmas morning in spite of the fact that there was no one in her life to give her one – she says she’s sure there must be a Santa! Thank you to Home Instead and the staff on these units and many others who help make Christmas special for those in hospital.
- **Thank you, sock elves!** Capital Health team members donated more than 700 pair of new socks to be donated to local shelters. Bill Pratt, executive director of Shelter Nova Scotia, wrote to express his thanks for this generosity. Visit the [Intranet/Our News](#) to read Bill’s letter.

In memoriam

- **Linda Tudor** – On Dec. 18, **Linda Tudor** passed away with family and friends at her side. Working as a staff nurse in Cardiology for over 40 years, she brought joy and comfort to all she met. Linda, you will be missed.

Celebrating our people

- **Congratulations to Raymond Wright**, who has been appointed manager for Radiation Therapy Services. Raymond has been interim manager for almost nine months; the knowledge and experience he brings to the position will continue to be an asset to the department.
- **Robin Parker**, clinical research librarian, Capital Health Library Services, Research Methods Unit and Nova Scotia Cochrane Resource Centre has been awarded provisional membership in the Academy of Health Information Professionals (AHIP). AHIP is a peer-reviewed professional development and credentialing program. Congratulations to Robin on achieving this important recognition and on her demonstration of the highest standards of professional practice.

Healthy living

- **Losing weight for better health** – Losing weight is not just about looking good; it can be the best thing you do for your overall health, well-being and happiness. This month's *Balancing Act*, a newsletter from Shepell-FGI (our employee and family assistance provider), focuses on preventing obesity and offers tips to help you reach or maintain your ideal weight. Visit the [Occupational Health Intranet site](#) to read the article.

Public information sessions

- **Living at home longer: Home care programs that can help** – Everyone wants to grow old at home, but many people need help doing that as safely and independently as possible. Learn more about what programs may be available, who is eligible, how much programs cost and how to access them, as well as resources for caregivers at this information session hosted by Capital Health Integrated Continuing Care and the Chebucto West Community Health Board. The session takes place Jan. 18 from 2 to 3 p.m. in room 169, Spryfield Wellness Centre, 16 Dentith Rd. (South Centre Mall). Free parking.

Learning and development opportunities

- **Acadie at a Glance** – Réseau Santé – Nouvelle-Écosse is pleased to offer a one-day workshop to help health care professionals better understand the Acadian and francophone community of Nova Scotia and to help them develop and deliver services in French in their daily work.

The sessions run from 9 a.m. to 3 p.m.; coffee and lunch are provided. Registration is free. Visit www.compartevents.com/acadie/ to view the workshop schedule and to register. For further information, please contact [Alberte LeBlanc](#) at 454-4714.

- **Managing Yourself and Others Through Change** – Learning and Organizational Development offers this management development program for formal leaders. Visit the [Intranet/Our News](#) for details.
- **Perioperative Nursing Program** – The Registered Nurses Professional Development Centre is offering a part-time Perioperative Nursing Program for registered nurses. Program dates are April 16 to Nov. 30 and the application deadline is Feb. 13. For more information please contact **Trudy Hebb** at 473-8454 or **Jocelyne Granger** at 473-8732.
- **IPAC Nursing Bootcamp** – Infection Prevention and Control is critical to patient safety. Get in tip-top infection control shape by attending bootcamp Jan. 12. Register via [LMS](#).
- **Education night for affected others** – Are you a family member, close friend or partner of someone harmfully involved with alcohol and other drugs? Join Addiction Prevention and Treatment Services (APTS) Jan. 16 from 7 to 8:30 p.m. for

Pharmacology 101. Gain knowledge and understanding while having your questions answered about the properties and physiological impacts of alcohol and drugs. This session takes place at Halifax Community-Based Services, 1673 Bedford Row. To attend or learn more, please contact the APTS Central Intake team at 424-8866.

Payroll and Benefits

- **The Fall 2011 issue of the NSAHO Pension Plan newsletter is now available – [View newsletter](#).**

Information Technology

- **HITS-NS Happenings – Health Information Technology Services Nova Scotia’s (HITS-NS) latest newsletter is now available. [View newsletter](#).**

Foundation news

- **Lottery winners – The winner of the Cobequid/Hants Payday Lottery for Dec. 29 was **Sheila Louise Williams**. The winner of the QEII Foundation Grand-a-Week Lottery for Dec. 22 was **Debbie McCormick** and for Dec. 30 was **Rhonda McConie**.**

Grammar Geek

- **“Alright” is not all right.** Just ask **Bill McCormick**. Several months ago, when the grammar geek wrote to Bill to apologize for another grammar gaffe, she asked if it was “alright” to feature his comments in the grammar geek. He responded: “Yes, indeed, except that there is no such word as ‘alright’. ‘All right’ is correct.” Imagine the grammar geek’s chagrin at having her grammar corrected not once but twice in one email exchange. However, knowing Bill to have impeccable grammar, and embracing the opportunity to learn, the grammar geek has accepted the feedback and modified her spelling accordingly. You may want to do the same.

Announcements and events

- To find out about upcoming events at Capital Health, visit the Announcements and Events section of the [Intranet](#) or [public website](#).

Submissions and feedback

- If you have a submission for *Capital Health This Week*, please send your item (100 words maximum) to capitalnews@cdha.nshealth.ca by Tuesday at noon.
- If you have feedback about *Capital Health This Week*, please email capitalnews@cdha.nshealth.ca or call **Margaret Angus** at 473-2726.